

Foods You Should be Eating During Flu Season

Some Foods You Can Easily Make/Store in Your Room

Citrus Fruits

Including oranges, grapefruit, and clementine or tangerines are high in vitamin C which is key to maintaining immune health.

Other Fresh Fruit

Fresh cut strawberries, pineapple, mango, and papaya are all high in vitamin C. Dark berries like blueberries and blackberries are also easily stored in a mini-fridge and are high in antioxidants keeping you happy and your immune system healthy.



Fresh Veggies

Enjoy some red bell peppers or broccoli with your favorite dip. Red Bell peppers are delicious and can have up to 3x as much vitamin C as most oranges. Broccoli is also a great source of vitamin C, A, and E and is full of fiber which is great for digestive health. You can enjoy them with ranch or other dip of your choice.

Make Sure to Get Your Vitamin D

Did You Know?

In addition to being key to maintaining good bone health, Vitamin D likely plays a key role in the health of your immune system by keeping your T and B immune cells healthy. If you know you are vitamin D deficient or if you think you are not getting enough sunlight in the winter make sure you are adding some sources of vitamin D into your diet or consider talking to your doctor and ask if you should take a supplement during the winter months.

Good Sources of Dietary Vitamin D

- Fish - Including salmon, and canned tuna.
- Eggs - Egg yolk is high in vitamin D.
- Mushrooms - One of the only reliable vegetarian sources of dietary vitamin D, many types of mushrooms are high in Vitamin D2 or ergocalciferol.

Quick Recipe Idea 🕒 Morning Muesli

Ingredients

- ½ cup oats.
- ½ cup milk (any kind will do).
- ⅓ cup berries or other fruit of your choice (blueberries work well).
- Optional add a sprinkling of pumpkin or sunflower seeds, or nuts of your choice, and raisins or dried cranberries.

Instructions

1. Add your oats and then your other ingredients to a bowl or tupperware container before adding milk.
2. Then add your milk and stir carefully to mix as desired.
3. Cover your bowl or tupperware if possible and let rest in the fridge for 8 hours.

Smoothies are the Perfect Way to Start Your Day

If you can, buy or borrow a blender from home to make smoothies in your room. Smoothies with fresh fruits and veggies are high in antioxidants and other micronutrients like vitamin C which help give you energy and keep your immune system healthy. Make sure to grab some oranges, mangos, or strawberries for vitamin C; some blueberries or blackberries for antioxidants; and throw in some dark leafy greens to get some vitamin K.

